

SPOKE

Conestoga College, Kitchener

October 15, 2001

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CKCO donates \$210,000 to college

By Michelle Timmerman

Thanks to a donation made by CKCO-TV, broadcasting and journalism print and broadcasting students at Conestoga now have better equipment in the studios.

An open house was held in the broadcasting studios of the Doon campus Oct. 2 where a cheque for \$210,000 was presented to Conestoga College President John Tibbits by Dennis Watson, vice-president and general manager of Kitchener's CKCO-TV.

The college used the money to purchase new digital editing suites equal to or ahead of those currently in use in the broadcasting industry, new electronic news gathering cameras adaptable to digital television formats, new audio control boards and computer equipment to operate digital audio software programs, plus numerous upgrades to the radio and television lab infrastructure.

"Each of the CTV station managers was asked to make a recommendation in that station's market area. Conestoga College is an outstanding organization," said Watson. "I knew there was a need for the college to move forward with regard to equipment for the broadcasting area. I also knew such an advance would be of great benefit to the students and, ultimately, the industry. We have employed a significant number of Conestoga graduates over the years. I myself am a community college graduate, and this donation seemed an excellent way of repaying all that the college system and Conestoga have done for broadcasting."

Following the cheque ceremony, in acknowledgement of the generous donation made by CKCO, Tibbits stated, "the success of our broadcasting graduates and the many contributions they have made to their profession and their communities is a shining example of the value of a college education," said Tibbits after accepting the cheque from Watson. "I am very pleased that Dennis Watson and CKCO recognize and appreciate our achievements. Strong, productive partnerships like this are the key to economic growth and development so necessary to our future prosperity."

Members of both provincial and regional governments attended the open house including MPP of Waterloo and Wellington Ted Arnott, who congratulated the college on its superb job. Second-year broadcasting student Alison Gittins was also at the open house to thank CKCO-TV on behalf of the students for their generous donation to the college.

"Because of your donation, our visions can now become reality," said Gittins in regards to the new equipment.

Students escorted interested parties on tours of the broadcasting studios after the open house.



Vice-president and general manager of CKCO-TV Dennis Watson presents College President John Tibbits with a \$210,000 cheque for the journalism and broadcasting programs at the broadcasting open house Oct. 2.

(Photo by Michelle Timmerman)

Students get into the blood-giving mood

By Julie Graham

On most school days the Sanctuary is abuzz with students hanging out, eating lunch and playing pool. But on Oct. 3, half of the student lounge was occupied by Canadian Blood Services for a blood donor clinic.

According to Annmarie den Ouden, recruitment co-ordinator for Canadian Blood Services, the donation goal for the day was set at 75. By 12:30 p.m. 41 students had given blood, and by 3:30 p.m., 82 students had donated, surpassing the goal.

As a regular blood donor, I was surprised to see a steady flow of students lining up to donate. I would have given, but I already have an appointment for my next eligible date to donate, Nov. 1. I've given blood six or seven times and was interested to find out how many students had donated before, or if this was their first time.

Tim Case, a third-year materials management student and first-time donor, said he felt giving blood was something he could do to help out.



Callie Irish, a first-year early childhood education student, donates blood in the Sanctuary on Oct. 3.

(Photo by Sarah McGoldrich)

"People should donate. It's not enough of an excuse to be afraid of the needle," said Case. "If you don't have the money to donate to causes, you should donate because it only takes 15 minutes out of your day."

Andrea Parsons, a first-year paramedic student, said she was donating for the first time because she had heard her blood type, O-positive, was needed.

I was able to find a few people who had donated before. Cory Farago, a nursing student, said this

donation would be her 17th time. Sheri Marck, a second-year law and security student who was donating for her eighth time, said she was giving blood after feeling guilty about missing her last appointment.

Jon Olinski, president of Conestoga Students Inc., who couldn't donate due to a recent bout with the flu, volunteered to man the juice and cookie table. After donating, it is mandatory to sit and drink some refreshments for replenishment. Jon and I noticed, after sitting

at the table for awhile, the number of visitors to the table had slowed down. I turned to see why no one was coming over, and saw about six students lying in cots with wet rags on their foreheads. Ahh, the sweet bliss of passing out after donating blood! (Kidding!) This happened to me before and it was not a pleasant experience.

According to den Ouden, many first-time donors were not feeling great afterwards. "There is a potential to pass out due to the plasma drop," she said, adding students can faint or feel sick if they have smaller frames, or due to the warm room and not eating before donating.

However, den Ouden said the turnout was great. She wants future donors to know the process doesn't hurt. "One donation can save up to four lives," she said. With 82 donations, that's approximately 328 people who could potentially use the blood.

Students wishing to donate can call 1-888-871-7201 for appointments, or check out www.bloodservices.ca. There will be another clinic on March 4, 2002.

Conestoga raises funds for Alzheimer's

By Denis Langlois

Conestoga donated \$200 to the Alzheimer's Society of Kitchener-Waterloo on Sept. 28 and participated in two fundraising strategies to raise money for research into the degenerative disease.

Donation boxes were placed beside cash registers in the cafeteria, so students could donate money towards the cause.

Also, the college hosted a coffee break in the faculty lounge to give staff the opportunity to donate money in exchange for coffee and other refreshments.

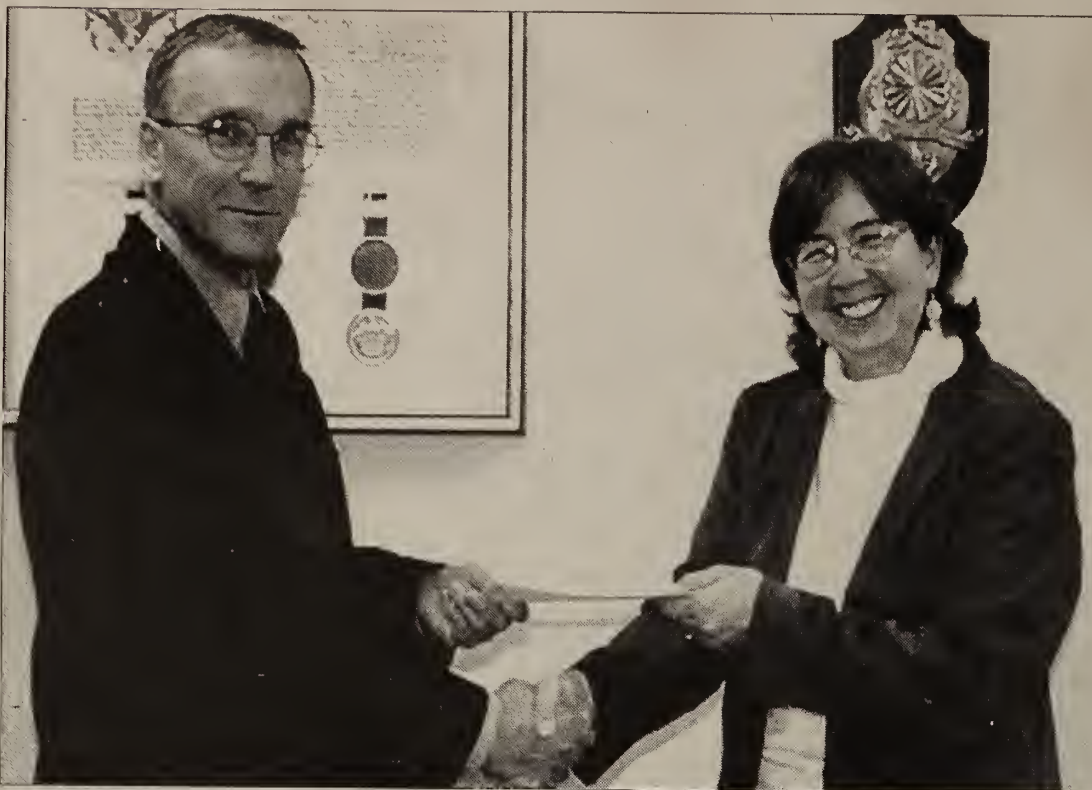
Debbie Adare, resource development co-ordinator for the Alzheimer's Society, said Conestoga is involved on a much larger scale this year than in the past.

"Last year the contribution was fairly low and now there is almost five times the support," she said.

Adare said the money raised from both Waterloo and Doon campuses has totaled \$562 towards the coffee break campaign. This year's goal for the Kitchener-Waterloo area is \$10,000, of which \$7,100 has been received to date.

Bill Jeffery, dean of health sciences and community services and president of the society, said it is important to raise money so the disease can be eliminated.

"If we don't step up the momen-



Conestoga President John Tibbits hands Susan Hipperson, the executive director of the Alzheimer's Society of Kitchener-Waterloo, a \$200 cheque.

(Photo by Denis Langlois)

tum to provide funding resources, so we can put more money into research, we are simply not going to beat this taxing disease," he said.

Jeffery helped host coffee break

along with Kevin MacIntyre, the college's technical support specialist and member of the board of directors for the society, and said Alzheimer's has an affect on

everyone.

"There is nothing to say that your parents or grandparents won't come down with this disease," he said.

He also said students should be

interested in finding a cure for the disease because it may threaten them in the future if it is not dealt with now.

"If we can eliminate this disease within the next 10 years, then young people won't have to worry about this disease as they age."

Conestoga's president John Tibbits said the college donated the money because it wants to support the efforts of societies and organizations in the area.

"We try to get as many people as possible in the college to act as volunteers in the community," he said. "Volunteerism is important especially as the population ages."

Susan Hipperson, the executive director of the society, said it is important that more research be conducted now because the number of people diagnosed with Alzheimer's disease will go up before it goes down.

"The statistics in the next 10 years predict it is going to more than double the number of people in the Waterloo Region who have the disease," she said.

The Ontario Ministry of Health has made a \$68-million commitment over five years towards a 10-point strategy to combat Alzheimer's.

"The 10-point strategy is 10 different ways in which the Ministry of Health is going to support work with Alzheimer's disease."

Food and beverage management to host fundraiser

By Shannon McBride

Conestoga's food and beverage management program will host a breast cancer awareness fundraiser on Oct. 21 at the Waterloo campus with the help of two spicy ladies.

Greta and Janet Podleski are the authors of two revolutionary cookbooks, Looney Spoons and Crazy Plates, and the founders of the boxed meal production company, Crazy Plates Inc. The sisters will be the focus of this fundraiser and will present Recipe for Success, a speech that talks about the process these women went through to achieve success.

Admission for this tasty event, hosted by the Waterloo branch of the Canadian Cancer Society, the college and the women, will be \$15 per ticket. All proceeds will go towards breast cancer awareness.

The event, which runs from 2 to 4 p.m., will include free cookbook giveaways, a trivia game, an opportunity to buy the cookbooks at dis-

Crazy plates creates culinary delights

If Miss American Thighs, Melrose Plates and Jurassic Pork sound good to you, then get yourself to the nearest bookstore to find two cookbooks that may just be the most imaginative literature you read all year.

But if you are more than a little skeptical about these uniquely named recipes, read on.

Greta and Janet Podleski, the authors of these unusual titles, claim their books, Crazy Plates and Looney Spoons, are more than just common cookbooks. Besides humorous recipe titles, the sisters said the books have easy-to-follow recipes with familiar ingredients. The recipes include low-fat cook-

ing tips and large portions. The books also contain healthy lifestyle hints and new ways to motivate yourself.

The Podleskis more recently began a new venture. This past spring, they introduced Ontario to a new concept in boxed meals. The box contains absolutely everything you need to make each meal. There were four boxed meals released in the spring. These meals included Wowie Maui Chicken, Lasagna with Mex Appeal, Starvin' Guy Chicken Pie and Miss American Thigh. Four more boxed meals are set to head to grocery stores before the end of the year.

count prices and a taste testing of some of Crazy Plates' products.

The students in the food and beverage management and chef training programs will be involved in

preparing the food for sampling. Greta Podleski said she will spend most of that morning with the students helping them to prepare the food and talking with them.



Janet and Greta Podleski's Looney Spoons and Crazy Plates products will be the centrepiece of a breast cancer fundraiser on Oct. 21.

(Internet photo)

CORRECTION

The Spoke newsroom was supplied with incorrect information for an Oct. 9 story on Hepatitis C.

Wrong dates were given for the in-school media campaign.

The Hep C information tables were set up in the school on Oct. 10 and 11.

Spoke apologizes for any inconvenience this incorrect information may have caused.

Nearly 8,000 attend Oktoberfest breakfast

By Shannon McBride

The delicious aroma of sausages and pancakes tempted nearly 8,000 people at the 20th annual Oktoberfest breakfast held on Oct. 6 at Waterloo Town Square. It didn't hurt that the breakfast was free.

The crowd of festival goers devoured 17,500 pancakes made from more than 1,700 pounds of pancake batter and more than 30,000 sausages. The feast was possible thanks to the students in

the food and beverage management and chef training programs at Conestoga College under the direction of Chef Philipp Saraiva.

"The breakfast gives the students a chance to get to know each other outside the classroom and to do something good for the community," Saraiva said.

The breakfast is held annually in an effort to help others. Each year, instead of charging admission, the sponsors ask the public to donate money and food to the Food Bank

of Waterloo Region.

"The food bank collected about 1,800 pounds of non-perishable food," Saraiva said.

Besides the benefit of a free breakfast, participants were invited to fill out a ballot to win \$500 to spend in Uptown Waterloo. The money was donated by the businesses of Uptown Waterloo.

Other sponsors included 96.7 CHYM-FM/News Talk 570, which did a live broadcast from the event, Aunt Jemima, which

donated the pancakes and syrup, Piller, which donated the sausages and Wellesley Apple Products, which donated the cider.

In attendance were Miss Oktoberfest Karen Long, College President John Tibbits, Onkle Hans, the Oktoberfest mascot, and the Conestoga Condor. An Oktoberfest event wouldn't be complete without the sounds of live music from a Bavarian-style band, which entertained while volunteers served coffee provided by Bingemans.

Pool shark impresses college students

'The Ghost' able to make a living off his love of shooting pool and performing

By Tannis Wade

Everyone dreams of making a living doing something they absolutely love. Gerry "The Ghost" Watson does just that.

On Oct. 2, students at Conestoga College had the opportunity to see the talents of Watson upclose and personal as he demonstrated his skills in the Sanctuary. The Ghost is a professional pool player who specializes in performing for a variety of audiences.

"I do university and college campus shows, but my main focus is on corporate events," said Watson.

He got his nickname, The Ghost, while in university. He had

a talent for hiding the cue ball in behind other balls, making it nearly impossible for his opponents to make a shot.

Students couldn't help but notice when Watson entered the Sanctuary in his signature white jacket and flashy necktie. They wondered what was going on as he unpacked his belongings including his own cues and cue ball. It soon became evident he was a pro as he set up trick shots. Almost immediately students crowded around to see the tricks he could perform.

Watson has visited Conestoga four or five times in the past and really enjoys the audience here. "It all depends on the audience," he said. "A good performance has

to involve interaction like everything else in the world." Throughout the performance Watson asked for volunteers. He wanted people to play against him and he also had a variety of games planned where students could win prizes.

Considering Conestoga Students Inc. pays Watson to perform for them, he was surprised that they allowed students to continue to play on the adjacent two tables.

"Can you imagine paying an entertainer to come and you've got people juggling on both sides of him," Watson said, explaining that he found the noise from the other tables distracting.

Watson has been playing pool

since he was 12-years-old growing up in Cornwall, Ont. While playing with friends and other local big shots he noticed he was much more talented than everyone else in the area. He worked on his game some more and eventually started capitalizing on it.

"I saw a gap in the market and now I have people who book shows and corporate events for me," he said.

Watson has done more than 2,500 shows and is still going strong. He travels from Prince Edward Island to Ontario showing off his talent. While performing you could see the pleasure in his eyes as they lit up after making a difficult shot.

"I like the creativity that I can

put into each and every show," he said. "While I am giving the audience a break from the everyday, I am entertaining myself at the same time." The shots he attempts are so difficult that even he does not make them every time.

Some audience members were brave enough to challenge Watson. Most of those games averaged five minutes, as Watson would dominate the table. Some students wouldn't even get the opportunity to shoot before the game was over.

Watson said he would definitely come back to the college if he were asked to perform here again. "I just hope there is interest from the students."

Scholarships are available for college's native students

By Nicole Childs

There are many scholarships offered to native students to help with post-secondary education but few apply for them because the students don't know they exist.

Sponsors from many different companies and organizations offer scholarships and bursaries to native students.

One such organization is the National Aboriginal Achievement Foundation (NAAF).

The foundation is a nationally registered charity with a mandate to provide financial support to aboriginal youth who are pursuing education and professional development to prepare for careers in the arts, health sciences, business and general sciences and other areas of study related to economic self-reliance and self-government.

The scholarships offered by the foundation are available to Canadian Aboriginal Peoples who have First Nations Status

and non-status, Metis and Inuit backgrounds.

Lorre Jensen of NAAF said, "We believe education is the key to independence and self-sufficiency and we want to encourage all aboriginal people to attend post-secondary universities and colleges and earn diplomas and degrees that will allow them to assume meaningful and financial rewarding roles in whatever community they choose, whether it is on a reserve or in an urban setting."

NAAF uses a jury of aboriginal educators and professionals from diverse career fields to assess scholarship applications.

Another organization is the Foundation for the Advancement of Aboriginal Youth (FAAY).

Companies such as Xerox, Scotia bank, General Electric, TD Bank Financial Group, Davis and Henderson, NetStar, Hudson's Bay Company, and Bank of Montreal offer scholarships through FAAY.

FAAY is operated by the Canadian Council for Aboriginal

Business and is dedicated to developing future generations of aboriginal leaders through higher education.

In 2000 it awarded \$160,500 to students across Canada.

The foundation looks at volunteer contributions to community and family, academic performance, career goals, leadership and role model qualities in choosing the recipients.

To be eligible you must be an aboriginal student, Canadian citizen and in a full-time school program. Awards from FAAY may be used for tuition, books, computers and other educational equipment, transportation, housing, food, or clothing.

Many scholarships that are available to students are often unapplied for because students don't hear about them or don't know where to find them.

Students of native ancestry interested in applying for the scholarships can visit the registrar's office.

Security phones a possibility

By Sarah McGoldrick

The security department of Conestoga College is considering installing exterior security phones around Doon campus.

The phones would be located along pathways and outside of buildings to be used in the event of a personal emergency.

"It's something we're exploring. I think it would be a good idea," said Al Hunter, supervisor of security services at Doon.

Each year the college applies for funding from the Women's College Safety Grant and upgrades are made based on the amount of money received.

Hunter would like to see phones put in place in Lot 1, Lot 10, and Lot 12 because of their distance from the college.

"The phones have been used for medical emergencies in the past," Hunter said.

He added when the phones are used the number is displayed at the switchboard so that a person in distress can be

located faster.

The cost of installing one phone is \$5,000, which does not include wiring and hook up.

Hunter said there have been no attacks on women in the three years he has worked at the college.

He added that the closeness of buildings around the college has made it a safer place to walk.

Security has also looked at getting close-circuit television for outside of the buildings. But, due to Canada's cold winters, it would cost extra to install defrost mechanisms for the cameras.

Last year the security budget was approximately \$24,000 and went towards purchasing silent alarms, emergency phones, literature, running the Walk Safe program and paying for phone line rentals.

Hunter said the security office welcomes input from students and from various areas of the college.

Can crusher



Dheeray Arjune, a second-year robotics and automation student, demonstrates the use of his latest class project on Oct. 2 outside the Learning Resource Centre. His creation, a hydraulic bottle jack, can be used to crush pop cans.

(Photo by Shannon McBride)

"I was always tired, always thirsty. Thank goodness I knew the warning signs."

Sheila, newly retired

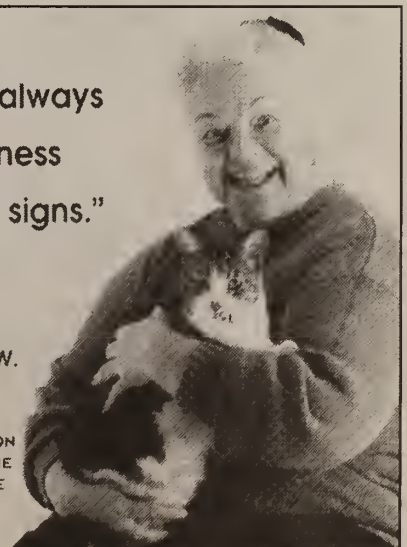
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No winners in this war

The righteous have attacked the righteous and in the end there will be a lot of dead bodies and every soul on this planet will have been touched by this immense conflict.

The bombings of Afghanistan by the United States and Britain on Oct. 7, instigated by the attacks of Sept. 11, marked the beginning of the world's fight against terrorism.

On Sept. 11, two planes slammed into the World Trade Center, a plane crashed into the Pentagon and one plane was downed outside of Pittsburgh before it could cause any further loss of life.

Immediately the United States fingered Osama bin Laden and his al-Qaeda terrorist network of masterminding the attack and demanded the Taliban, the ruling power in Afghanistan, to hand him and his lieutenants over.

The Taliban requested evidence implicating bin Laden and al-Qaeda.

On Oct. 4, British Prime Minister Tony Blair told the world how Osama bin Laden and the al-Qaeda network were involved in the Sept. 11 attacks.

On Oct. 7 Osama bin Laden aired an interview imploring Muslims around the world to unite in a jihad, or holy war, against the United States and its allies.

He also told the world the Americans will never have peace while there is no peace in Palestine.

Then the missiles hit Afghanistan and now the wronged are fighting God's warriors.

But who is the wronged and who are God's warriors?

Both sides repeatedly say God is on their side in this conflict. Yet whose God is the right one?

The reality of this situation is that regardless of who "wins" this war, God, if you believe in such an entity, is going to be a busy deity sorting out the souls of the dead.

This is a war where only the complete and utter destruction of the enemy will result in someone being declared the victor.

The United States says terrorism must be wiped out on a global scale. Osama bin Laden says it is the duty of every Muslim to participate in the jihad against the United States.

Regardless, both sides are advocating genocide and that is unacceptable.

Does terrorism need to be eliminated?

Without hesitation the answer is yes. The real question is how can terrorism be eliminated. Terrorism to one is a righteous cause to another.

The answer, as simple as it sounds, stems from the idea that life, not religious or political ideals, is what matters.

Missiles, bombs and covert commando teams don't portray that life is what's most important to the global community.

They only gives further ammunition to those wanting to continue in their senseless desire to take life.

This is not to say those affected by the devastating attacks of Sept. 11 shouldn't be angered by such a tragedy. There is widespread condemnation of these events.

But the time for sorrow must come to a close and the time of healing must begin. Dropping bombs may satisfy some people, but it will only spur the conflict to even greater heights and bring even more death.

As hard as it may be to bear, it is time for forgiveness and reconciliation. Both the Christian and Islamic faiths see Jesus Christ as an integral person in spreading the message of God.

One of Christ's messages was to love your brother as you love yourself. Another was to not strike back in a fight.

The time for violence is over. With hard work, understanding and a desire for peace this conflict will end.

But until that time comes, the body count will continue to rise.

I'LL TRADE YOU MY COOL
SMALL POX AND EBOLA
ANTIBIOTICS
FOR YOUR
ANTHRAX!

OKAY!



THE US AND CANADA PREPARE FOR BIOLOGICAL DEFENCE

The no-longer friendly skies

Have we become a society afraid to fly? The recent terrorist attacks in the United States have had a dramatic impact on the Canadian airline industry.

Companies such as Air Canada, already suffering financial losses, have found themselves further compromised by the security issues arising out of the crisis in the U.S.

The federal government has announced it will provide \$160 million in emergency aid for Canada's airline industry.

"I don't believe the average person is particularly paranoid, looking constantly over one shoulder or the other for some sinister figure lurking nearby."

Transport Minister, David Collette said this money is meant to specifically compensate air carriers for losses suffered from the temporary shut down of airports after the Sept. 11 terrorist attacks.

Who says money is the cure? I find it difficult to believe that simply dumping funds into this issue



Julianna Kerr

will make it go away.

People are afraid.

The attacks in the U.S. have shaken our faith in security.

While a financial quick fix

may be essential to the continued survival of these airlines, the public response to these attacks must also be addressed.

I suspect Air Canada will end up losing considerably more money by the time this is over.

I don't believe the average person is particularly paranoid, looking constantly over one shoulder or the other for some sinister figure lurking nearby. I certainly don't walk around with a consistent feeling that my safety is being compromised. So would I get on a plane right now? Not a chance.

Was I afraid the Sept. 11 attacks might be repeated on my Thanksgiving flight from Toronto to Ottawa?

No. I think it's more likely I've become ill at ease due to the new possibilities set before me.

The concept that something terri-

ble could happen to me at the hands of someone else is frightening.

I expect my biggest fear regarding flying to revolve around the unlikely chance the plane might crash.

I find myself suddenly questioning the issue of safety where I hadn't questioned it before. I've loved to fly for as long as I can remember.

All of a sudden, I would have to give serious thought to how badly I want to fly instead of hopping on a train or even the bus - which I've long hated.

If Air Canada wants my support and patronage, it will absolutely have to offer me some proof that I'll be all right the next time I fly.

Will bars across the inside of the cockpit doors make me feel better? Not really.

I'll be glad the pilots are locked safely in their little box, manning the controls. But what about me?

The sad truth is this: I don't want to fly - not right now anyway.

Some of the money given to Canadian airlines had better go into serious marketing to convince me the skies haven't become a battleground with people just like me as the most likely victims.

SPOKE

Keeping Conestoga College connected

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SPOKE is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in SPOKE are not endorsed by the CSI unless their advertisements contain the CSI logo. SPOKE shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Unsolicited submissions must be sent to the editor by 9:30 a.m. Monday. Submissions are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Submissions must not contain any libellous statements and may be accompanied by an illustration (such as a photograph).

Bored.com is anything but a boring site

This column appears weekly and focuses on fun and interesting Web sites of interest to the students and staff at Conestoga College.

Have you ever found yourself sitting in front of a blank computer screen, bored out of your mind?

If yes, simply pull up your favourite Web browser and type in www.bored.com.

Bored.com is definitely geared for college students who spend too much time in computer labs trying to find ways to avoid doing their latest assignment.

There are tons of Web sites linked to bored.com that could entertain wayward souls for hours. They claim to have "links to the most



Marc Hulet

interesting sites on the Internet."

Bored.com neatly organizes sites into specific categories for easy usage.

Site links are organized into areas such as music sites, quiz and trivia sites and dumb sites.

The music area includes links to MTV, Emusic — a site that allows you to buy and download full albums at retail price — and Song Lyrics — a site devoted to lyrics from thousands of music artists.

The quiz and trivia site area has

links to a number of fun sites. Queendom.com offers a variety of intelligence and health-related tests. You can even challenge yourself at the Jeopardy site.

My favourite area was the dumb site list. There are a surprising number of dumb sites listed. These include the Men Who Look Like Kenny Rogers site and Stupid.com — a site full of stupid gifts, stupid jokes and stupid games. And if you have an axe to grind go to Knuckle Head of the Month. There you can nominate someone for the "prestigious title."

There are also sites on extreme sports, movies and cool contests.

Bored.com also gives you the

option of listening to one of three available radio stations while you surf. These sites are Rolling Stone Radio, the Dial and sonicnet.com.

You can also link to cyberinfo.com and get your own free Web page, for personal use or your business.

Bored.com has included a number of fun arcade games to play on the main site. My favourites were Fat Boy Raids the Cookie Factory and Jellyfish Splat. Fat Boy allows you to steal cookies through eight arcade-style levels. With Jellyfish Splat you guide a crab around and fend off invading Jellyfish.

Bored.com also offers a crossword section where you can do

oodles of different crosswords. I wasted nearly an hour on one. Those who are adept at crosswords can switch to the expert level.

I also enjoyed perusing the bored.com store. There is not a lot of variety in designs on the product but who wouldn't love a bored.com mug or T-shirt?

By visiting bored.com you certainly won't be bored. It offers something for everyone, whether it be a quiz, an arcade game or pictures of people who look like Kenny Rogers.

If you know of any fun or interesting Web sites you can e-mail me at king_koala@yahoo.ca and it could appear in a future column.

First-time Oktoberfester has a blast that will last

Coming from a small town like Acton, Ont. I was sort of sheltered to the existence of Oktoberfest. In fact, I had never even heard of it until I moved to Kitchener almost two years ago.

Unfortunately, last October I was not of legal drinking age so I could not attend any of the festhalls or experience a true Kitchener-Waterloo tradition. This year I decided it was time for me to see what all the fuss was about.

On Oct. 5 I attended opening night of Oktoberfest at Bingemans with a couple of friends. We arrived



Tannis Wade

at about 6:15 p.m. and Marshall Hall was already full. Any parking lots that were close to the hall were packed so we had to park quite far away and run through the pouring rain. Once I got inside the atmosphere was worth the wet hair.

Beer posters and festive pictures lined the hall and ceiling, rarely revealing bare wall. I particularly enjoyed the inflatable beer mugs that were strung from the ceiling. Tables lined the floor and people dressed in traditional lederhosen, suspenders and dirndls were serving dinner.

The meal consisted of sausages with sauerkraut and a garden salad. Not much to choose from if you are a fussy eater.

A band was playing on the stage in front of a large dance floor that

was full most of the night. The five-man band, George Kash and the Oktoberfest Express, played a variety of music from traditional polka and German tunes to cover songs of the Blues Brothers. They showed off their talent by using a variety of different instruments like the flute, trumpet and saxophone.

The leader of the group, George Kash, was quite the performer. A couple of times during the show Kash would ask for audience members to bring him beer. Once he got the drinks he would have his bandmate Leo Sullivan hold his feet as he chugged the beers while upside

down. He would drink one while standing on his head and the other while doing a handstand. Quite impressive if you ask me!

After he was done he would proceed to get up and dance for the crowd, proud of his accomplishment. At one point he did a quad. This is where he chugs a beer, then two schnapps, then another beer, all while standing on his head. I was surprised the music still sounded audible and he was still standing when I left.

The audience loved the performance and the music that was played, especially the chicken dance. Not

known to me, this dance is practised all the time at Oktoberfest.

Another common theme in the music was the beer chugging songs, which also happened quite frequently. I was fairly surprised at the response to this considering the average age of the audience was about 45. People were swinging their mugs back and forth and singing at the top of their lungs.

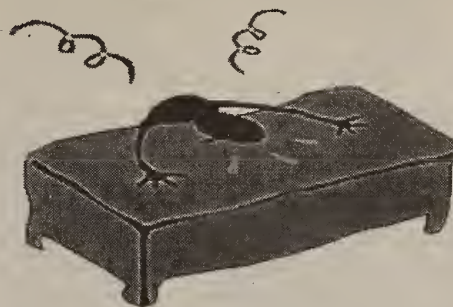
There were even some audience participation songs where we had to introduce ourselves to the people all around us and then all link arms and sway to the music. It was quite an experience.



George Kash is held up by one of his bandmates while drinking beer upside-down. Kash performed at Bingemans during Oktoberfest.

(Photo by Tannis Wade)

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This "four session" group is available beginning the week of October 29th.

Workshop Facilitator - Joan Magazine

H:\Group Workshops\Test Anxiety Workshop2.doc

Energy pills, alcohol a dangerous mix

By Mike Metzger

The use of the drug ephedrine as an energy supplement has increased from just athletic use to everyday use by students. Many use the drug in combination with caffeine pills to stay awake for classes and work.

"I use it because I can't sleep at night and have to get up in the morning to go to class," said first-year general arts and technology student Erica Farquhar.

Ephedrine comes from the desert herb ma huang, which has been used in traditional medicine in China for thousands of years.

Health Canada has warned consumers not to use products containing ephedrine alone or in combination with caffeine and other stimulants for the purposes of weight loss, bodybuilding or increased energy because ephedrine may cause serious, possibly fatal, adverse effects in the body.

Adverse effects of ephedrine include dizziness, tremors, headaches, irregularities in heart rate, seizures, psychosis, heart attacks and stroke.

Despite these risks, many people still regularly use the drug.

"I feel like you can die walking across the street so what's the difference," said first-year construction engineering student Rob Voisin.

Others are worried about the risks, but still take the drug.

"I'm not very concerned, but concerned enough to not use it every day and in large amounts," Farquhar said.

A review of a U.S. Food and Drug Administration database of adverse event reports collected between June 1, 1997 and March 31, 1999 identified 10 cases resulting in death and 13 cases resulting in permanent impairment that were considered to be possibly, probably or definitely related to dietary supplements containing ephedrine.



First-year construction engineering student Rob Voisin prepares for a night out by taking ephedrine and caffeine pills.

(Photo by Mike Metzger)

Prior to October 2000, a total of 60 adverse event reports have been received by Health Canada related

to ephedrine alone or in combination with other products.

The drug was illegal in Canada

until manufacturers labeled it as a nasal decongestant. The National Football League banned ephedrine on Sept. 27 as part of the league's anti-steroid policy. Players will be subject to random testing for the substances.

The ban comes in response to the discovery that ephedrine has recently been found in food supplements that athletes use to build strength.

The NCAA and International Olympic Committee have had ephedrine on their list of banned substances for a long time.

Although there have been no serious illnesses for the Conestoga students interviewed who use ephedrine, some side effects occur regularly.

"When it wears off you feel sick and like you're going to throw up," Voisin said. "It also destroys your appetite."

Ephedrine isn't sold at most drugstores, but can be purchased at GNC stores.

No improvements spells long season for Leaf fans

By Marc Hulet

Despite a number of off-season moves, the Toronto Maple Leafs are still not poised to be a powerhouse team this year.

They simply do not have the personnel needed on the ice to generate solid offensive and defensive play.

Credit must be given to general manager/coach Pat Quinn for realizing that the Leafs were far too "goony" last season.

Players such as Darcy Tucker, Shayne Corson and Dave Manson took far too many useless retaliatory penalties.

And we really don't need to mention the Tie Domi incident against Scott Niedermayer in last season's playoffs.

Tucker was a huge sparkplug for the Leafs when he came over from the Tampa Bay Lightning late in the 1999-2000 season. Last year he regressed into a grudge-holding maniac whenever the opposition put any type of hit on him or his teammates.

The best idea is to separate Tucker from his brother-in-law Corson from sharing the same line.

To help offset the gritty players Quinn added a plethora of fast, offensively minded players.

The biggest signing was that of former New Jersey Devil

Alexander Mogilny. For a few years in the early '90s Mogilny was a major threat on the ice — 127 points and 76 goals for Buffalo in 1992-93 — but he had his first solid season in a number of years last year.

Mogilny managed 43 goals and 83 points for the Devils but he played on a very skilled team with a lot of rising stars.

He was also no doubt energized by his impending free agency. The two previous years he couldn't even break the 50-point barrier.

Both Robert Reichel and Mikael Renberg were brought back to the NHL after spending seasons in Europe.

Renberg couldn't even reach the 40-point plateau in the two years before he left for Europe.

Reichel did manage to record 69 points in his last NHL season but he has always played with one foot in Europe — continually threatening to return there whenever something went wrong.

The Leafs also brought in forward Travis Green to replace Yanic Perreault who signed with Montreal in the off-season.

Green will struggle trying to replace Perreault's talent at winning crucial faceoffs.

If he can regain the form that saw him record 70 points for the New York Islanders in 1995-96 Green

may be of value to the Leafs.

Returning forwards Mats Sundin, Alyn McCauley and Nik Antropov need to step up their game.

Sundin is perhaps the most over-rated player in the game. He hasn't had a 100-point season in far too long and his abilities seem to disappear for games at a time.

He may not have had the best supporting cast in the last few years but the truly great players always find a way to pile up points and win games.

Two of the biggest warning signs for impending problems are the fact that the Leafs are counting on McCauley and Antropov to play significant roles this season. At best these two should be floundering on a team's fourth line or playing in the minors.

Antropov often resembled a pylon last year as he tried to come back from knee surgery.

McCauley, also trying to return from an injury, registered a measly one point in the 14 games he played.

Gary Roberts was the only forward who played truly inspired hockey last year. It's unfortunate that his abilities and enthusiasm did not rub off on the other players more.

No major changes were made on defence in the off-season, which is disappointing, especially when you

consider that the Leafs' best defenceman Tomas Kaberle probably will sit out the entire season with a contract dispute.

The Leafs have never shied away from spending money so now is really not the time when their defence has more holes than Doug Gilmour's smile.

Dimitry Yushkevich is a top-notch stay-at-home defenceman but he can't play every shift.

Bryan McCabe was an exciting pick up from Chicago and he played some of the best hockey of his career in Toronto. He does need to improve his defensive skills though.

Other defencemen Aki Berg, Cory Cross and Dave Manson are average at best.

New, over-priced defenceman Anders Eriksson has bounced around the league for six years and will join McCabe in needing to improve defensively, although he does possess some dormant offensive promise.

The Leafs' saving grace, as always, will be goalie Curtis Joseph.

Joseph has single-handedly saved the Leaf organization from embarrassment the past few years with his amazing play.

He can only hope that his defencemen won't throw him to the wolves quite so often this year.

Joseph would also benefit from some extra rest in the regular season to avoid wearing down in the playoffs but that isn't likely to happen.

The Leafs are really in trouble if Joseph gets injured.

Corey Schwab — a feisty and determined goaltender — will back-up him up for the time being and 21-year-old Mikael Tellqvist will be the first option in case of an injury.

Not too promising when one considers that Schwab has bounced around the league for years and didn't have any offers for a job this year until the Leafs came calling two days before training camp began.

Tellqvist was all but handed the job before camp opened but he played poorly enough for Schwab to beat him out for the job.

The Leafs will miss retired back-up netminder Glenn Healy. His veteran leadership was a great help to the Leafs.

Leaf fans are in for another long, frustrating season ahead. If by some miracle all the key players defy logic and have miraculous seasons the Leafs may have a chance to make some noise.

However, chances are that there is still more tinkering needed by Quinn before the Leafs will raise the Stanley Cup above their heads.

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Learn how to manage your credit

By Marcy Cabral

Do you ever look through your wallet and wonder where all those plastic cards came from? Do you dread checking the mail because you know there is going to be a credit card bill?

I know all too well the harsh realities behind the world of credit. I'm sick of receiving statements charged with interest and getting conned into those department store cards. I've had enough. So instead of allowing myself to become a victim of credit, I devised a plan.

First, I will pay the pending balance in full. I cringe when I receive my monthly statement, but it's better to pay in full than rack up those interest charges. And interest is where they get you. If you don't pay in full, the credit card company charges interest on the full purchase amount from the original date of purchase. So, I decided it's better to pay it all rather than making the

required minimum payment and paying interest for six months on a \$50 purchase.

Second, note what you charge. I found it much easier this month when I kept track of my purchases. I made sure to put the receipts in my wallet and not in the shopping bag so I wouldn't throw them out. I then took the receipts and put them in marked envelopes for specific cards so there would be no surprises.

I am notorious for impulse shopping and this step definitely caused me some troubles.

Once I received a bill I would take the receipts and compare them to the statement. This especially helped to ensure that all the stated purchases were in fact mine.

Third, cut back on the cards. Have two major credit cards, such as a Visa and MasterCard, or one

major card and one department store card, such as the Bay. I recently counted my credit cards and realized I had five too many. I am constantly getting roped into signing up for department store cards. I fall into the "if you sign up for this card we automatically take 15 per cent off your purchase," line every time.

The more cards you have, the more tempting it is to use them.

And last, but most importantly, don't spend money you don't have. This seems simple, but can be the most difficult. I am notorious for impulse shopping and this step definitely caused me some troubles.

I realized that my parents were right; money really doesn't grow on trees.

Credit is, and always has been, borrowed money that must be paid back.

These four steps have allowed me to become credit card responsible and take control. I am proud to say that I am no longer a credit card victim.



First-year general business student Julie Cleaves loves her credit cards, but she now knows how to manage them responsibly.

(Photo by Marcy Cabral)

Stress release can be easier than you think

By Daniel Roth

Most people don't realize how to identify stress in their life. This problem can result in a number of health complications. Proper stress management is something everyone should learn.

A number of factors can contribute to stress and tension. Some of these include juggling homework, family, friends, relationships and your personal life.

Students Services offers counselling for stress relief as well as a stress relief workshop.

Judy Bates, a counsellor for Student Services, will be facilitating a stress management workshop on Nov. 14.

Bates said in a one-on-one counselling session the counsellor will try to identify the root of

the problem.

"We would have a session to see where the stress is coming from, what the student's symptoms of stress are and how it's impacting their life," she said. Stress can be different for everyone. But Bates said there is a common ground.

"The symptoms vary a lot with people. Your sleeping changes. Either you're having trouble going to sleep or you're having trouble staying asleep.

"Some people don't eat because they're so stressed, other people eat a whole lot because that's what they do when they're stressed.

"Some of those things have a big effect on your body if you're doing them day after day," she said.

One of the ways Bates suggested relieving stress was to get some exercise.

Chris Spotwood, of ABsolute Fitness and Training, suggested some methods of relieving stress including consulting a certified personal trainer and instructor to personalize a program suited for your needs.

"Depending on the fitness level of the individual a combination of weight training and cardiovascular works well to relieve stress," she said. "I would recommend warming up on a cardio-machine, such as a stepper. Then move to the weights to workout any aggression and have a nice cool down to release any tension at the end."

According to Spotwood the more time you can spend doing productive activities each week the better.

"At the gym I would recommend, an hour three times a week or a half-hour five times a week."



Chris Spotwood, of ABsolute Fitness and Training centre in New Hamburg, recommends a good workout and stretching exercises to relieve stress.

(Photo by Daniel Roth)

Eight-ball, corner pocket



Ed Raimundo, a first-year accounting student enjoys the pool tables in the Sanctuary on Oct. 4.

(Photo by Tannis Wade)

Ultimate Questions

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Workshop teaches leadership skills

By Mike Sperling

Conestoga College's recreation and leisure program participated in its annual leadership workshop Sept. 19-21.

Program professors Norma McDonald Ewing and Greg Burns run the workshop, which is available to first- and second-year students of the program only. It runs for three days on the third week of September.

"The purpose of the workshop is to develop individual leadership skills and leadership skills in a group setting," Ewing said.

Located outside of Waterloo in St. Clements, the workshop is held at an outdoor YMCA center. Students stay in a 47-person cabin.

The workshop is tied to the curriculum and allows the students to be introduced to the program's curriculum.

Through discussions, activities, and small group work, the students identify their strengths and

limitations.

The second-year students pose as mentors to the first-year students throughout the workshop.

Ewing and Burns hired Alf Grigg, a professional facilitator from Toronto who specializes in leadership training.

The students led some of the past workshops but this year Ewing and Burns decided to hire a professional facilitator.

"It was student-facilitated sessions which were good," she said. "But they weren't getting much out of it."

Andrea Giesler, a second-year student of the program, attended the workshop last year as well as this year and noted the difference.

"Last year there was no facilitator, but this year, because there was one, it was more beneficial to the students," Giesler said.

She added it was a good learning experience and it was good getting to know everyone in the program in a non-school setting. There was



First- and second-year students in the recreation and leisure program pose for a group photo at a leadership workshop in the third week of September. (Photo submitted)

a lot of group work where the students learned about other stu-

dents' interests.

Another second-year student,

Courtney Vogel, said the best part of the workshop was the bonding and moulding of the students in both years of the program.

"It gives everyone the opportunity to interact and work co-operatively together in a recreational-type of environment," Vogel said.

She feels more informed about specific topics discussed like conflict resolution and different techniques and solutions available for all types of situations.

According to Vogel, the students were able to demonstrate the ability to be flexible, creative and motivated which is a reflection of Grigg.

"It demonstrates how the recreation and leisure services program displays its own unique diversity and teaching methodologies," Vogel said.

After attending the workshop, Ewing feels different from when she first went into it.

"I always come away with an appreciation for my position at the college."

Special needs services not only for disabled

By Laurie Vandenhoff

It is called the special needs office, but they don't really like to call themselves that.

"It insinuates special privileges and that's not what this is about," explained Marian Mainland, the co-ordinator of the special needs office. "This is giving support to minimize the impact of their disability and make them more like other students who don't have a disability."

They are the 440 disabled persons currently registered with the special needs office.

When a student with a disability is accepted into a program at Conestoga College, they should fill out the information form provided in the registration package. This registers the student with the special needs office.

Based on the program the student is enrolled in, the department can then determine what specific support needs to be put in place.

Sometimes students decide they don't need help, said Mainland. "So they show up the first week of September and we know nothing about them coming. We have students flying around in wheelchairs that aren't registered in our office. Some students, because of their pride, would rather do it themselves."

When these situations occur, staff are supportive of the student's decision, but want them to become aware of the emergency



Marian Mainland, co-ordinator of the special needs office, takes a break from her busy schedule. This includes helping special needs students, performing tests to detect disabilities among students and co-ordinating the learning opportunities project. (Photo by Laurie Vandenhoff)

evacuation procedure.

This procedure is carried out during fire drills or in case of a real fire. There are seven areas around the school, all indicated by a green sign and the letter "S." They are called safe areas. Students in wheelchairs are trained to report to them if they cannot safely evacuate the school.

Staff in the special needs office are assigned to a different area. If anyone is waiting in an area, then staff can get them out.

"We want to make sure students are safe," said Mainland.

Part of ensuring student safety is making sure they have chosen the right program.

Students will become enrolled in a program they cannot physically complete.

The special needs office must ask themselves, is a student's participation in this program going to risk anyone's safety?

"A student who is quadriplegic and wants to come into early childhood education would be an example," explained Mainland. "They would have to do a placement and be able to satisfy the requirements of the Daycare Nurseries Act. It states you have to be able to carry or lift a child of a certain weight. Obviously someone with this disability could not complete these requirements."

However, these situations rarely occur. Students usually research the programs they are applying to.

"I remember one time there was

a student who was paralyzed from the neck down who wanted to go into broadcasting," said Mainland. "The panels were too high and he would not be able to complete the program requirements. All he was interested in was the verbal part."

In these cases, the special needs office will meet with the program faculty and discuss the limitations the student faces. They will try to determine if these limitations can be overcome through support from the special needs office.

"This is becoming less the case with new computer equipment," said Mainland.

This is only the beginning to the number of services the special needs office offers. With so many disabilities among students, the services available must continue to grow.

"Every disability has unique problems," said Mainland. "I don't think there is a program that we haven't had a student with a disability come into," she said.

Faculty have helped by building modified workbenches, drafting tables and stools.

Students could also acquire help in the form of an assistant, who can be students, staff or retired teachers. They will take notes, scribe exams or dictate answers on a test.

Exams are often a big problem for students with disabilities, especially those with back injuries, who are in chronic pain.

"They have great difficulty writing exams because they have to get up and move around," said Mainland.

These students can write in the special needs test area located in the learning resource centre. They are also given extra time to complete tests and exams.

This service is also helpful to students suffering from cancer and the effects of chemotherapy.

"They are embarrassed about writing exams with classmates because they might have to throw up," she said. "We give them the privacy and dignity of writing in a smaller area."

Students who have diabetes may have to eat during an exam. Since they are not permitted to eat in classrooms, they are also invited to take exams and tests in the special needs room.

There is also support available in the form of physical resources. In addition to the elevators, ramps and automatic doors, students are accommodated at the college residence.

Rodeway Suites, located within walking distance of the college, has four wheelchair accessible rooms that can house up to six students.

It is these support systems, put in place by the special needs office, that have helped the college achieve an 87 per cent retention rate over the 2000-01 school semester.

"Our retention rate is actually higher than the national retention rate of 80 per cent," said Mainland.

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A night of drinking can be a killer

By **Tori Sutton**

For many students, a good night out consists of drinking multiple beers, mixed drinks, shots, shooters and other alcoholic beverages.

What many students do not realize is a night of heavy drinking can cause more than a hangover. In fact, it can be deadly.

When too much alcohol is consumed too quickly, it acts as a poison which causes a person to pass out or fall into a coma. While unconscious, many people die after choking on their own vomit.

According to the University of Alberta Health Centre, when a person's blood alcohol concentration level reaches .30 per cent it causes the person to lose consciousness. When the concentration level reaches .45 per cent breathing stops and death occurs.

Trish Weiler, a nurse in health services at Conestoga College, thinks education is an important tool.

"Education is important for those who drink," said Weiler. "People need to know the toxicity of drugs and alcohol."

Since health services operates weekdays during the day they do not usually see many cases of



Many students do not realize drinking in excess has more consequences than just a hangover.

(Photo by **Tori Sutton**)

alcohol poisoning, but do deal with drug addiction and alcoholism, Weiler said.

Conestoga College's residence also provides information about acute alcohol poisoning for students through the residence newsletter, said Residence Life Co-ordinator Sarah Viola.

Students are told to go to a residence adviser if they suspect their

roommate could have alcohol poisoning.

"Our residence advisers are trained to deal with things like that in their CPR," said Viola. "There are always two people on duty in the building."

There have been no instances of students suffering from alcohol poisoning in residence so far this year.

It is important for students to

know how to prevent alcohol poisoning, and how to recognize and respond to it if a friend or roommate is sick.

Students can prevent alcohol poisoning by pacing their drinks and never drinking on an empty stomach. It is suggested that males have one drink per hour, while females have one drink per hour and a half.

Also, not taking part in drinking

games, or allowing people to buy you a great quantity of shooters or shots at the bar can prevent alcohol poisoning. While consuming alcohol, eat food and drink non-alcoholic beverages between drinks.

Someone may be suffering from alcohol poisoning if he or she is intoxicated and has any of the following symptoms:

- Is unconscious and cannot be wakened.

- Has cold, clammy, pale or bluish skin.

- Has slow or irregular breathing.

- May vomit while unconscious and not wake up.

If you suspect that a friend is suffering from alcohol poisoning, it is suggested that an ambulance be called immediately, even if the victim is underage or should not be drinking. The person should also be rolled onto their stomach with their head tilted and their hand supporting their head to prevent airway blockage. This position, called the Bacchus manoeuvre, prevents the victim from choking on vomit. Finally, never leave a person suffering from alcohol poisoning alone. It is important to stay with them and monitor their breathing until help arrives.

Macaroni dish becomes accidental flambé

By **Stacey McCarthy**

Some people just shouldn't cook. These are the people that turn ovens and microwaves into lethal weapons.

While I am one of those people, I really enjoy cooking, which is strange. Every weekend I faithfully watch morning cooking shows where chefs in white add sugar and garlic to everything.

So when I came upon some Italian recipe links on Yahoo last week, I decided to see exactly what I was doing wrong.

But I honestly wondered what could top a plate of Kraft Dinner or fettuccini cooked in the microwave.

After looking over the page for a while I realized that the recipes were incredibly complex. You had to dice, mince, chop, broil and sauté almost all of the ingredients. Is there really a difference between dicing and mincing? Even more importantly, how does one dice?

I couldn't even understand some of the ingredients. What in the world are legumes, flowered pestos or tagliolini?

Luckily I stumbled upon a site called "easy Italian cooking." There was an interesting recipe for cheese capeletti, but it involved stuffing pasta and making tomato sauce from scratch.

However, since it was six o'clock at night and I didn't feel like driving to the grocery store, I skipped the capeletti in search of something easier. I wanted something that I could make at home right away.

I found a recipe under the link "quick spaghetti" that promised minimal fuss and good eating. According to the directions I would be eating hot, al dente spaghetti in 20 minutes.

I sat down for supper an hour and a half later.



A finished plate of pasta. The mushrooms and meatballs are optional.

(Photo by **Stacey McCarthy**)

The first step seemed easy - directions for making spaghetti sauce from scratch. But since I was too lazy to make the sauce, I used tomato paste instead. There didn't seem to be enough paste in the can so I added water like I would with a can of soup. Just a little note for beginning chefs such as myself - NEVER add water to tomato paste. They simply won't mix.

My problems really began when I substituted penne macaroni for spaghetti noodles. I had searched my cupboards for spaghetti, but finding none I used penne instead. I figured that since they are all pasta, what was the difference?

Well, when I strained the noodles seven minutes later they were still rock hard. As it turns out penne noodles are thicker than spaghetti, so they have to be cooked longer - 10 minutes longer.

At that point even my foot started to look tasty, but I figured I'd give it another shot.

I refilled the pot, poured the noodles back in and turned the burner up to high.

Unfortunately when I poured the noodles from the strainer into the pot, two or three dropped down the side and fell into the burner. As it started to heat up again, the noodles

began to smoke.

I tried turning the burner off, but it didn't make any difference. Pretty soon the whole kitchen was filled with smoke.

I heard laughing behind me and when I turned around, I saw my father standing in the doorway staring at the remains of his kitchen.

On the floor leading from the kitchen table to the counter was a bloody trail of tomato paste.

A bag of penne had spilled into the sink that was already filled with half-cooked noodles and starch-covered dishes.

And to top it off, smoke was billowing from the blackened, smoldering lump of noodles in the burner.

"What's for dinner?" my father asked.

Yes, some people definitely shouldn't cook. I'm beginning to realize that fast food is popular for a very good reason. Luckily I have a really great father who also knows how to cook. He made our dinner while I sat in the living room doing what I do best - channel surfing.

COUNSELLOR'S CORNER: Procrastination

You may think it is too early in the semester to deal with procrastination, or are you just procrastinating?

Avoiding or putting off work which needs to be done can come in many forms. Some students ignore a certain task, hoping it will go away. Some underestimate how much work is actually involved in an assignment. Some see other activities as taking priority, like vacuuming your room instead of beginning to read that textbook chapter. An extra ten minutes of TV can eventually become the whole evening. Sometimes, students get "stuck" on one part of their project and don't move on from there.

To overcome procrastination, you first need to recognize what avoidance technique you employ and whether you want to change it. Then you can try some helpful approaches. An essential element in dealing with procrastination is managing your time and planning. Effective planning is a key to achieving goals. Divide larger tasks into smaller steps which will seem more manageable. Set a deadline for each step. Take breaks and build in rewards. Work with a friend. Be reasonable and realistic with your goals; perfectionism can get in the way. For further assistance, don't procrastinate! Talk to a counsellor.

A Message from Student Services (Room 2B02)

Musician delivers 'The Following Message'

By Janine Toms

This is the fifth and final installment in a five-part series taking a look at musical talent in K-W.

Songster Dana Andrews is happiest with a guitar on his knee.

The musician has released four albums that range from classic folk to hard rock.

To add to his assortment of musical recordings, Andrews is currently preparing for the release of his solo album, *The Following Message*, which will be available in November.

The album combines the torn-down essentials of acoustic-guitar rock with a flowing backdrop of classical instrumentation.

It was recorded with local musician Kim Regimbal, who performs on the album with a variety of instruments.

The music is piled like cushions and selectively placed around the vocals to create a surprisingly distinctive sound.

With his unique vocal style, Andrews laughingly admits, "Most of the lyrics were written in between takes in the studio." He goes on to say, "The lyrics and songs are very introspective and personal."

Andrews, who is originally from Sudbury, left his high school rock band behind to attend Wilfrid Laurier University in 1995.

"I figured that it was time to let the childish rock fantasy go and take a practical approach to the future."

For the past year and a half Andrews has been performing with the local rock band, Sally Tomato, which takes up a lot of his time.

This new solo record allows him to collaborate with other artists and play original music as he wants it to be heard.

"This album ensures that some of the songs I write are not simply discarded in the hunt for the perfect rock song."

Throughout his musical career,



Musician Dana Andrews, of Waterloo, will be releasing his album, *The Following Message*, in November.

(Photo by Janine Toms)

Andrews has shared the stage with such acts as Holly McNarland, Danko Jones, and The Killjoys.

Having had the opportunity to play at such venues, Andrews firmly states the highlight so far has been performing at small shows to a more responsive audience.

"It's great when they're right into what you're doing, or you see

a few people in the crowd singing along."

Andrews said that the audience will have a good time at his show. "I make sure that the audience gets a high-energy show that validates whatever money they may have spent to get in."

Andrews will be performing Oct. 24 at The New Times bar in St. Catharines.

HOROSCOPE

By Daniel Roth

Week of October 15 - 21

Happy Birthday Libra!
Even though it's your birthday you may feel compelled to do as others say. Make sure that your voice is heard and your wishes are fulfilled on your special day.

Aries: March 21 - April 19

Your ability to go straight to the heart of the problem will be an asset this week. Don't be hard on yourself if things don't materialize the way you intend.

Luckiest day: October 16.

Taurus: April 20 - May 20

You may be faced with several unrelated problems this week. Use your common sense to sort through each problem. Remember to look at each situation differently as they are not all bad.

Luckiest day: October 21.

Gemini: May 21- June 21

An unexpected twist of fate will throw a smile onto your face. Things will not work out as you planned, however good fortune is looking in your direction.

Luckiest day: October 17.

Cancer: June 22 - July 22

A warm ray of sunlight is shining on you. Any problems you had will be minimized. Expect to hear good news, especially about someone young.

Luckiest day: October 19.

Leo: July 23 - August 22

You are advancing any feelings you have towards someone close to your heart. Whether it be a good friend or an intimate relation, be sure they know how you feel.

Luckiest day: October 16.

Virgo: August 23 - September 22

Many different influences are surrounding you and making you feel secluded. Deal with each problem individually to succeed.

Look on the positive side of things.

Luckiest day: October 20.

Libra September 23 - October 22

Good fortune is on your side this week. If you focus on the positive things in your life even more happiness will come your way.

Luckiest day: October 19.

Scorpio October 23 - November 21

Friends may encourage you to try something a little more daring this week. Proceed with great caution. Let your intuition keep you from harm or embarrassment.

Luckiest day: October 15.

Sagittarius: November 22 - December 21

The closeness of a friend will be invaluable this week. If you are in a relationship make sure your partner knows how you feel.

Luckiest day: October 17.

Capricorn: December 22 - January 19

An older female may be offering you some advice. She is more knowledgeable than you think. I would advise you to listen to what she has to say.

Luckiest day: October 21.

Aquarius: January 20 - February 18

A sudden change will disrupt your everyday routine. Expect the unexpected. News from home may not be as good as you would like.

Luckiest day: October 20.

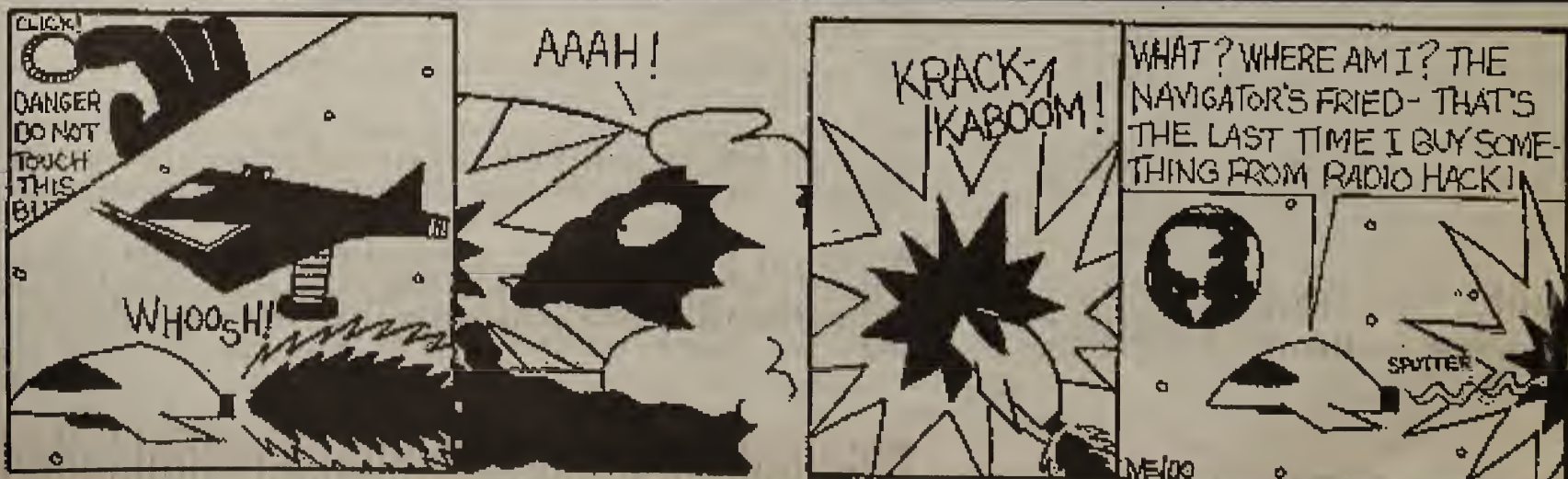
Pisces: February 19 - March 20

Someone in your life may be meddling with your affairs. Don't tolerate their juvenile behaviour. Stand up for what you believe in.

Luckiest day: October 15.

Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for three years.

WOOLEY by Marc Hulet



Degrassi is finally back on the air

By Kathleen Deschamps

Every country has a certain television show that defined a generation. For Canada, Degrassi Jr. High and later Degrassi High did just that. The show was a cultural icon in the '80s, and was popular because it was depicted real life. Degrassi dealt with issues such as AIDS, anorexia, racism, and teen pregnancy. The show had enormous popularity and many people often wondered what happened to beloved characters such as Joey Jeremiah, Snake, Kathleen, and the

others. Degrassi went off the air in 1992, after the class graduated high school in a special called School's Out.

Now the gang is finally back, or at least some of them will be for a one-hour special that will kick off the next generation of Degrassi schoolmates.

Degrassi - the Next Generation will introduce a whole new cluster of adolescents to Canada's teen and X generation, and the same pressures, temptations and challenges will be thrust upon this new class just as it was in the past show.

The new series will begin Oct. 14 with a special one-hour-long episode.

It is Degrassi high's 10-year high school reunion. For those who remember the series, some veteran characters, like Lucy, Caitlin and Joey will make special appearances. The popular characters Snake, Spike and Mr. Raditch will be cast regulars.

The main launching for the new series will be Spike's daughter Emma. For viewers who remember the past series, Emma was introduced in the first season. Spike

Nelson famously got pregnant when she was in the eighth grade. Now, it is 12 years later, and Emma is ready to enter Jr. High at Degrassi. Along the way Emma will meet several other characters such as Ashley, Jimmy and Toby.

The cast of Degrassi - the Next Generation is mostly all Canadian actors and actresses. Christina Schmidt who plays Terri MacGregor is from the Kitchener-Waterloo area.

In addition to the new series, CTV will be airing a youth-oriented documentary style series, which

will air opposite Degrassi. The documentary series is entitled DEGRASSI.TV and will further discuss the controversial topics that will be touched upon in the series. The program promises to offer gritty issues and subjects directed towards today's youth. No topic will be off limit, including drugs, sex and racism.

Not only teens will enjoy watching the new shows. For those who can't relate with teen issues, now they have the opportunity to really see what goes on behind the closed doors of a teen's life.

Decent thriller for first-time director

By Lisa Hiller

The Glass House could succeed as a smart thriller if the plot weren't given away in the first 30 minutes.

Daniel Sackheim's first attempt at film-making is good, but it lacks more unexpected events.

Leelee Sobieski (Here on Earth, Joy Ride) stars as Ruby Baker, who along with her brother Rhett, are orphaned after their parents die in a car crash.

Sobieski and her brother, played by Treyor Morgan, are in the hands of their parents' best friends and their new guardians.

Stellan Skarsgard (Good Will

Hunting) and Diane Lane (Hardball), star as the Glasses. They move Ruby and Rhett to their protected glass mansion in the hills of Malibu overlooking the ocean.

Sobieski proves her versatility as a Hollywood starlet.

All appears OK. Ruby receives new clothes for school and Rhett gets a new video-game system.

The movie begins well, giving away only necessary details. However, Ruby, soon starts to suspect the Glasses may not have the best intentions in mind.



Some viewers will notice early this is loosely the story of Hamlet, changed and modernized of course with some twists in the ending.

It is a story of jealousy, murder and revenge.

All the elements of a good thriller are included with simple camera work.

Sobieski proves her versatility as a Hollywood starlet. She is intelligent and not easily fooled by the Glasses' reassurances that everything is fine.

Skarsgard and Lane are convincing and slightly scary as an unstable couple who appear on the outside as loving guardians.

However, once the plot is given away, the story is fairly predictable, although that is hard to avoid in movies of this genre.

Despite this fault, The Glass House still impresses as a chronological thriller. Not everything you expect to happen does.

Go see this movie if there is nothing else playing that interests you.

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Physical Activity Guide
to Healthy Active Living

Getting ready



Clinical assistant Yolanda Finora sets up the Oct. 3 blood donor clinic in the Sanctuary. The clinic was run by Canadian Blood Services. (Photo by Julianna Kerr)

Ride needed

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Barry Bonds grabs home-run record

By Marc Hulet

Well Barry, you got the record. And it couldn't have happened to a less deserving guy.

We have had to put up with Barry Bonds' cantankerous ways since he joined the Pittsburgh Pirates as a skinny, big-mouthed rookie in 1986.

Since that time Bonds has alienated teammates, the media and many fans. Bonds and teammate Jeff Kent — last year's National League MVP — can barely co-exist in the same locker room.

Bonds is no doubt quite pleased with himself after achieving the record. He has always followed the

beat of his own drum.

The record was previously held by Mark McGwire, one of the nicest players ever to play baseball. He took millions of dollars less in salary to remain in a city he loves. The fans in St. Louis rewarded him with loyal devotion.

Those who point to the steroid controversy with McGwire, should look back at the pictures of Bonds when he first came to the big leagues. He was half the size he is now. Not many 37-year-olds look better now than they did when they were 27.

Bonds left Pittsburgh for the San Francisco Giants at the first chance to make more money. Pittsburgh

was a small-market team strapped for cash and Bonds found no reason to give them a discount. After all, all they did was give him a chance to play professional baseball and hone his abilities.

It's no surprise that Bonds' dream 2001 season came in a contract year. Once the World Series has ended Bonds will have his agent searching for the team with the biggest offer.

San Francisco would love to re-sign him but they have no hope of matching the \$20 million plus a season he will command in the free agent market. Neither New York team will hesitate to pay Bonds that kind of money for the next two or three years.

One fact that is often overlooked is that the Giants had to get special permission when they built their new ballpark. They have the smallest right field in baseball and guess where most of Bonds' home runs go.

The fact that home runs are flying out of ballparks all over the league doesn't help much either.

The baseballs are obviously wound tighter and easier to hit out. This is evident by the fact that the home-run record has changed hands twice in the last three years after not changing for 30 years.

There was a time not too long ago that 25 home runs in a year was an amazing season. Now you have to

hit at least 40 to be considered a successful slugger.

I can't condemn Bonds for everything. Even a cynic like me has to acknowledge Bonds' career numbers. He has been a model of consistency over the years — second only to Cal Ripken perhaps. Even through injuries Bonds has slugged home runs and driven in runs on a consistent basis. He was also a stolen base threat for a number of his 'leaner' years. He should be a first-ballot Hall of Famer.

That said, if Bonds plays for the Giants next year or hits more than 40 home runs I'll join the Barry Bonds fan club — if one exists.

Condors crush the Royals

By Vanessa Laye

The Conestoga men's soccer team crushed the Redeemer Royals 6-0 at home, Sept. 27.

The Condors dominated the play from the start, scoring the first goal 30 seconds into play. Jamie Scott received the ball at the halfway line from his defence and took it up the wing. He crossed the ball in front of Redeemers net, where Conestoga's top scorer Bojan Djokovic was waiting to tap it in.

This was the first game the

Condors had all their players. "With all the vets together for once," said Geoff Johnstone, coach of the Condors, "we actually looked comfortable."

The Condors went on to score three more goals in the first half, leading the game 4-0. Djokovic scored the second goal of the game, and Scott pumped in the other two.

In the second half, Djokovic got his third goal of the game for a hat trick (three goals in a game). But Conestoga's best and last goal of the game went to Abdiaziz Ahmed who

flicked the ball off his right foot and over the goalie's head, after a mean cross by Matt McHugh.

Johnstone said it was simple soccer played well. "We looked organized and stayed in position," he added.

Dave Mantel, coach of the Redeemer Royals, said he was disappointed with the game. "We started the game flat and seemed off," he said, adding, "The team played below their regular level of play."

The Condors now have a win to add to their zero and five record (wins and losses) this season. "I have never been all in five (lost five continuous games) before in my entire coaching career," said Johnstone who believes a team should roll up their sleeves and keep working, no matter what the score is.

The Condors felt a need to redeem themselves after a bitter 8-1 defeat at the hands of Humber College, Sept. 25.

Conestoga started that game with a four-way passing movement that led to Djokovic scoring the first goal of the game, but Humber made a comeback, leading 2-1 after the first half.

With only 13 of the 21 players at the game, and no goalies due to injury and tests, Conestoga had to pull half-back Allan Ma into net.

With a 2-1 score at halftime it was anyone's game, but Johnstone said silly plays were made. "A couple of people quit working and others stood in the middle of the field," he said, adding, "The 11 rookies don't realize that varsity sports are a fairly big step up." Humber scored six goals in the second half, to win 8-1.

Conestoga also played a home game against George Brown on Oct. 9. The result was not available at press time.

Push for the ball



The Condor's Miro Orasanin (right) pushes a Mohawk College player away from the ball during their game at Conestoga Oct. 3. Condors won 2-0. (Photo by Vanessa Laye)



Alicia Wilson, catcher for the Conestoga College women's varsity softball team, waits for the ball as an unidentified player from Durham slides safely into home plate. Conestoga lost the game on Oct. 3, 11-3. (Photo by Mike Sperling)

Fastball team hammered

By Mike Sperling

Conestoga College's women's varsity softball team lost to Durham College 11-3 Oct. 3 at the college.

Durham player Ashley Froggett was the highlighted player with two runs, two hits and two runs batted in.

The losing pitcher was Kristi Freiburger who pitched 11 innings and gave up 17 hits. Winning pitcher Erin Smith pitched 11 innings with five hits and one earned run.

Durham scored their first four runs in the top of the first fol-

lowed by another three in the fourth. Conestoga retaliated by scoring four runs in the bottom of the fourth but couldn't get anymore after that.

Durham pulled in two more in the fifth and another two in the sixth.

Conestoga could not get any more runs in off of Smith after the fourth inning.

Smith finished the game with five hits and one earned run. She walked five batters and struck out four.

Freiburger allowed 11 runs, 10 of which were earned. She had one walk and three strikeouts.

Women's softball team loses to Mohawk by 10 runs

Third loss leaves Conestoga four points behind league-leading Durham College

By Lisa Hiller

The Conestoga Condors women's softball team managed only five hits in their 12-2 loss to the hard-hitting Mohawk Mountaineers at Mohawk Sports park in Hamilton on Oct. 1.

With its third loss of the season, Conestoga's record fell to four

wins and three losses while Mohawk evens up its record at 3-3.

Conestoga remained four points behind league-leading Durham. Mohawk is right on Conestoga's heels just two points back and six behind Durham.

The Condors got an early jump in the game when they scored

twice to go up 2-0 after the first inning.

However, that's all they would get.

Mohawk came back with five base hits in the second to tie the game at two.

Conestoga pitcher Kristi Freiburger threw well, but the Mountaineers were tough outs.

Every hitter in their lineup had a hit and all but two players had a run batted in.

The Conestoga defence played fairly well, making just two errors, but the Mountaineers hit a lot of balls solid to the outfield.

Mohawk pitcher Krystal Eckersall struck out 10 batters while allowing only five hits

and no walks.

The Mountaineers had 14 hits off Freiburger and Alicia Wilson. Wilson had to come in to the game after Freiburger was hit in the leg with a line drive in the third inning.

Conestoga's only RBIs came from Leah Hexamer and Alicia Wilson.